

Out & About in the Sunshine

NEWBORN SKIN & SUN PROTECTION

There's nothing quite as wonderful and amazing as newborn skin. It protects baby from bacteria and germs, and helps her body hold a normal temperature. Use these research-based tips from the nurse experts of the Association of Women's Health, Obstetric & Neonatal Nurses (AWHONN) to help keep your baby's skin healthy, beautiful and soft. It's important to learn proper bathing and diapering, how to take care of baby's umbilical cord stump until it falls off, and how to protect her skin from the sun.

As she grows, don't hesitate to talk with your baby's nurse, midwife or doctor about her particular skincare needs, such as if baby's skin has a rash or if you're unsure of what types of baby-specific products to use for bathing or moisturizing.



Protecting Baby's Skin from Sun

Most parents immediately think of bathing and diapering first when it comes to caring for their little one's skin. But all babies need protection from the sun from birth regardless of their age, race or skin color. To protect baby's skin:



- 1 Avoid direct sun exposure during baby's first 6 months by covering baby with clothing and hats with brims shading the head and neck to prevent sun exposure and potential sunburn.



- 2 From 6 months on, prevent sunburn with a small amount of an infant-safe sunscreen with a Sunscreen Protection Factor (SPF) of at least 15.



- 3 Check the label of the infant sunscreen to ensure it protects against ultraviolet rays A and B; also, choose a sunscreen specifically for infant skin and that won't sting baby's eyes.